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On Sleep and Dreams.

~~Con~~ist in talking, walking, and several other exercises of the body. Talking in our sleep is often connected with a waking state of the Sense of hearing - hence we are able sometimes to hold a conversation with such persons, and obtain from them a knowledge of all the secret transactions of their lives. This has been done in the Case of a lady in this city, and I have read of an account of its having been done ~~in~~ by a lady in Spain by which means she obtained a knowledge of the Secrets of her husband. the ways in Present of what he ~~said~~ disulged the next day. How this could not have taken place had the eyes of these persons

v seldom remember the ~~their~~ Dreams
which occasion their talking
in their Sleep. —

It Their actions are most com=
=monly irregular, consisting in
walking in unfrequented, & Dangerous
places, or in performing Works con=
=trary to their habits, but their actions
are sometimes regular & rational, of
which Authors relate many wonderful =

been open as well as their eyes, or if they had had the use of their Understandings. It ~~should~~ furnishes us with an Additional proof of the subserviency of the different senses and faculties of the mind to each other. Persons who ~~sleep~~ walk in their sleep are called Somnambulists. It is remarkable, they walk in their sleep! ~~In many instances~~ The story of a young man related in the Memoirs of the French Academy who composed an Oration in a single night in his sleep is too well attested to be doubted. Dr Haller assures us that he wrote Verses in his sleep. I mentioned formerly that Miss Robertson's "maniac" was

V ~~His Pinel~~ It has been remarked that the body and mind are ~~sometimes~~ in a more excited state ~~&~~ in somnambulism, than in the waking state. Of this Pinel mentions an instance in a young Gentleman who in ordinary health was dull, taciturn & of weak intellects who in his sleeping ~~night~~ excursions was active in all his movements, and uncommonly acute & brilliant in his conversation.

The eyes of persons who walk in their sleep are sometimes closed, & sometimes open according to the Works in which are engaged. They sometimes appear pale, or livid or covered with Sweat. The pulse is small - hard & ~~pectoromatously~~

composed while he was under the influ=
=ence of Sleep from a dose of Laudanum.
The late Revd Dr Blacklock the blind poet
and Philosopher of Edinburgh was from
his bed to which he had retired soon after
dinner, came Down Stairs - sat down &
supped with his family, conversed with
them with his usual good sense & finally
entertained them with a pheasant song.
- all this being done, he suddenly started
up, and to the surprize of the Company
discovered that he knew not what he had
been doing, and that he had been asleep
during the whole time he had paped with
them. V

~~So~~ It has been observed that
Somnambulists never remember a

Slow. They sometimes answer questions pertinently, and ~~as in dreaming~~ they do things of a mischievous or vicious nature, ~~from~~ directly opposed to their ordinary principles & habits. The reason of all these phenomena must be obvious from what was said of the excited state of the faculties in Dreaming. In Somnambulism - the excitement is more diffused thro' all the faculties.

single thing they do in their sleep after they awake, but what is still more remarkable, they remember in each fit of night walking every thing they did in the walk of the night before. This has been infered from the exact order in which they renew and pursue their Undertakings. I have been much puzzled to find out the Cause of this curious phenomenon in the Operations of the Mind had I not met with the following history of a case in Connecticut in a letter from Dr Lathrop of Springfield to the late Revd Dr Stiles President of Yale College in New Haven. This case will furnish us

with at last one string of a Clue
to guide us into a knowledge of the
singular fact that has been mentioned.
The letter is Dated July 18. 1791.
"A young man in this town says the
Doctor

"A curiosity of a different kind, relating to the human species, I will take the liberty to mention.—A young man in this town, some years since, was, in consequence of bathing in water, visited with a peculiar kind of disorder, which operated by paroxisms. When a fit seized him he would at first fall down; but in a moment or two rise, possessed of an agility far superior to what was natural. In two or three hours, and sometimes sooner, the fit would pass off and leave him in his usual state, and, to appearance, in health. But what was most remarkable in his case, was the state of his mind. While he was in a fit, he perfectly remembered things which had occurred in the preceding fits, but nothing which had happened in the intervals, or in the time prior to his disorder. In the intervals, all his fits, and every thing which had passed in them were totally obliterated; but he could distinctly recollect the occurrences of former intervals. The time of his fits appeared to him in continuity, as did also his healthful periods—when one was present, the other was lost. If in the time of a fit, he took up any business, he would drop it when the fit ceased, without any recollection of the matter; and when the fit returned he would resume the business without any idea of his having discontinued it. The case was the same, if he undertook any thing in the intervals of his disorder. In short, he seemed to have two distinct minds, which acted by turns independently of each other. In the space I think of about two years, in the use of a particular remedy, his fits left him and he was reduced to a simple consciousness. The remedy which cured him or deprived him of one of his souls, I have not been able to learn, the family having lost the receipe.

"The above account I received from his father, and from others of the family."

I shall hereafter
mention the case of a
Lady nearly similar to
the one I have read, in-
-duced by Derangement.
The Motions in the
Somnambulists, and in
the Patient whose case
I have read to you appear
indeed as they depended
upon two Minds, but
they may be explained
by supposing they were

derived from preternatural or excessive
motions in different parts of the brain
inhabited by one and the same mind.

Recollect I said when treating upon
the mind, that every act of memory
was produced by a renewal of motions
in the brain exactly the same in degree
and situation with the motions which
first produced the idea or thought which
is the object of memory. Now may
not the reason why the actions
performed in sleep and in the parox-
=isms of the disease which I have
described, are not remembered be,
because a sufficient force of im-
=pression is not applied to excite

there, or may it not be this power
be directed to a part of the brain which
is not the seat of that part of the
mind
brain from whence the actions, or
ideas that are forgotten are derived?
For shall we ascribe it to all the
according to Dr Gall,
mind being like vision, a Double
occupying the two
organ ~~divided~~ opposite hemispheres of the cerebrum;
as the two eyes, when one of them
is diseased, convey different sensations
to the mind, so may not the want of
Unity of action in the two hemispheres
of the brain, produce the phenomena
which have been mentioned? ~~For~~
I shall add two facts which may

serve to throw some further light upon
this subject.

The Countess of Laval a french lady was
ill of a fever attended with delirium in
which she spoke a language with great
fluency which none of her attendants
understood. An old welsh woman who
had nursed her when a child was sent
for to see her. She understood every word
she said. It was the welsh language
which she had learned when a child, but
of which she could not speak a word, before,
nor after her recovery.

During my residence in Edin^r I
conducted a fellow student who was too
much intoxicated to walk alone to his
lodgings after spending an evening in a
company with ~~him~~ John Brown

afterwards, the much celebrated Dr.
Brown Author of a System of Medicine.
Our own way, my fellow Student
spoke to me only in the French Lan-
-guage. The next morning when
we met at Dr Cullen's Lecture, I men-
-tioned to him his uncommon fluency
in speaking French. He was much
surprised at this information, for
although he had learned to speak French
when a boy, he had entirely forgotten
it for many years. —

Consonant to these facts it has
been remarked that madmen frequently
remember nothing of what passed when they
were deranged, but when they relapse, they
distinctly remember the former subjects of their

insane Sailor
Derangement. We had an ~~man~~ in our hospital
some years ago who believed
himself to be an Admiral and assumed the
Authority and Consequence Connected with that
that rank in a Navy. This man recovered, but
relapsed some time afterwards & was
again brought in the Hospital, when
conversation and
he resumed the manners of
of his former paroxysm of insanity. The
the revival of words or ideas
inability to ~~the~~ ~~the~~ ~~lost~~
of the subjects once deeply imprinted upon
the memory by disease or intoxication
seems to depend upon a higher degree of
excitement in the seat of that faculty than
is common to it in a healthy state.

None of the Actions performed by the
Somnambulists during sleep fatigue them.
This ~~must~~ shows that they depend
upon preternatural excitement in the

brain & muscles. We are never fatigued by the actions we perform in the waking state while we are excited above par by the stimulus of pleasant passions, or the Cordial Drinks. — The excitement of the brain & muscles in persons who walk in their sleep is not only exspire but regular. In this they differ from the excitement & motions which take place in the brain in Dreams which I have said are of an irregular nature. The former may be compared to the inordinate but regular action of the blood vessels after exercise; the latter while the latter resembles their action in fever.

I have thus endeavoured to explain the Cause of the Sleep, and of all the phaenomena

that accompanyit. ~~Before~~ Ere I proceed to mention
a its uses in the system, Let us pause
~~of system and contemplate the body in its~~
The Subject is an interesting One, and capable
of affording the highest entertainment to
those who delight in exploring the Wisdom
of the Deity in the formation & Oeconomy
of the body and soul of man. Before we
proceed to mention the uses of Sleep, let
us pause and contemplate the human
body in Decent as it were by its Sister
a State of profound or perfect Sleep, in to
which State I have said there was even
Dreaming does not take place. It is com-
=mon to consign the body to the grave
by ~~to~~ funeral reflections ~~incited to the~~
~~nature of that~~ funeral Speeches & reflections.

Behold! ~~Its~~ its
~~Whose nose is that~~ ~~Its~~ eyes are closed,
and every sense is insensible to its customa-
-ry impressions. The countenance indicates
neither thought, nor passion, and the whole
body ~~resembles in its~~ is reduced in the weather cock's
scale of existence to the level of a ~~do~~
a stream of Water. Where now is that
memory which was filled a few hours
~~imagination that traversed the Globe~~
ago with ancient and modern knowledge?
— Where is that imagination that trav-
-ersed the Globe in the twinkling of an
eye? — Where is that Understanding that
combined in constant Acts of judgement de-
reasoning ? — and where is that will,
and where are those passions that diffused their
influence through every feature of the
face, and every muscle of the body?

all in a state of as complete annihilation,
They are ~~annihilated~~ as if they had never
existed, or were never to exist again.

For what purpose was this partial
~~restoration~~ death imposed upon our
natures? and why was it made to ex-
tend in the four & twenty hours? and why
should its Duration consume nearly
One third of the short term of our exis-
tence in this World.[2] — I shall endeavour
to answer each of those questions.

Sleep serves the purpose of restoring to
a certain Degree the
equilibrium of the body; by thus in persons
who labour during the day it abstracts ex-
citement from the brain & diffuses it
through the limbs; and in persons who
pass the day in study, it abstracts ex-
citement from the limbs, and diffuses it

N 2r

§6

2. I have said sleep is ~~a disease, and said to be a tendency to death. It is certainly~~ a disease, induced by the predisposing debility, and inc= -reased by the excitement which take place from fatigue very right. This disease like a fever is seated chiefly in the ~~blood vessels & brain, and by the excitement of the~~ blood vessels. Hence the fulness & force of the pulse which take place in sleep. By means of this increased action of the blood vessels aided by the recumbent posture of the body, an equilibrium is induced of excitement in every part of the body.

through the brain. In those cases where the nervous system has been exhausted by sensation, and the muscles by motion, this deficiency of excitement is restored by an ~~influx~~ influx of it from the ~~muscles~~ blood vessels, and where the blood vessels have been exhausted of ~~this~~ their irritability ~~by a~~ which is the case in certain states of fever, the muscles, nerves and brain divide their stock of excitement with them. Even remote parts of the same systems which have been Disproportionably exercised during the Day, ~~kindly participate~~ become in like manner equably excited ~~down~~ by means of Sleep. ~~We~~ I have said that

& the blood vessels are unduly excited,
removes the Chilliness, weakness, &
inequality of excitement which precede
this form of fever, and thus resembles
in every particular, tho' in a higher
degree what the paroxysm of Sleep per-
forms in a more gentle manner
every night. —

Sleep restores the equilibrium of the body to a certain degree. ~~A~~ a greater portion of excitement is collected in the blood vessels than in any of the other systems, ~~and for the~~ and for the purpose formerly mentioned of watching over and preserving these systems during this quiescent & helpless state in sleep. From this use of sleep you see how important an article it may be made in the materia medica - for the cure of Other derangements of the system as I shall say hereafter Depends chiefly upon perfor=ming ~~that in disease~~ that which sleep performs in health - viz equalizing excitement. But certain diseases like ~~this is much added to both~~ ~~these by the accumbent posture of the body~~ medicines perform the same thing. Thus a paroxysm of an intermittent in which

2 Sleep affords the power that reproduces
excitability, leisure for that purpose.
whether ~~this the~~ it be derived from
the oxygen of the air taken into the
body by the lungs or from in our Aliments,
or from both, I know not, but the
fact is certain, more of it is generated
in ~~the~~ an hours sleep, than in
many ~~the~~ hours rest in the waking
state. In Consequence of this reproduc=
=tion of excitability the brain, nerves &
muscles recover their aptitude to receive
impressions which they had lost by the
~~body~~ studies and exercises of the preceding
day. —
3 Sleep favours the assimilation of food and
~~the~~ the nourishment of the body, ~~and~~ the
the Discharge of perspirable matter. ~~and~~ It also

V as well as those which occur every night from the ~~so~~ running down of the System.

~~reality~~ removes light indispositions of all kinds, V
~~than becomes~~ ^ ~~not only tired but sick natural~~

These are the effects of Sleep upon the body.

To the mind it affords ^ oblivion of Care,

(3) ~~compleats~~ repose, and ~~thus enables~~ refreshment &

thus enables it to resume the studies &

labors of the Day. The refreshment is ever

complete, when Sleep has not been alter=

=ded with Dreams.

5 (4) It restores all the faculties of the mind

to their natural Order, and thereby fits

them for performing their Offices with

greater truth, Certainty, Safety & Success.

of Ideas

6 (5) It dispolves our Associations, or trains

of or what I said formerly Hobbs calls

"~~Our~~ Coherence of thought", and thus

prevents the Consequences of an undue

influence of any one passion, or pursuit

upon our minds. without Sleep,

madness would be universal in all
cases ~~of~~ in which a strong passion
~~Such as~~ such as grief, love, avarice or Ambition
or a literary pursuit
had taken possession of the mind.

It belongs to Sleep to arrange the moral
faculties of the mind in such a manner
as to promote virtues and restrain vices
~~The~~ midnight hours ~~in~~
dispositions. ~~Too early rising~~ ~~The~~ ~~early~~
~~and~~ when not devoted to Sleep or Study is
generally spent in revelling ~~and at home~~ or in acts
of violence and wickedness. Few men rise
from their beds in the morning with a
disposition to evil. Shakespear knew
this connection between Sleep & virtue,
and hence he makes M: Anthony to say

"Let me have men about me that are
Sleek headed - men ~~who~~ that Sleep at nights.

V All that has been said in favor of the necessity & advantages of sleep is calculated to shew the imperfection of our natures. The supreme Being "neither slumbereth, nor ~~sleeping~~ sleepeth" and happy Spirits cease not" Day and night" to praise their creator.

~~To~~ From a review of the benefits of
bless to the body and mind we are led to
~~adopt the sentiment of~~ say with the celebrated
german philosopher M.r Kant "Take
away hope & sleep from man, and you
make him the most miserable thing
upon the face of the earth." Let us
therefore instead of saying with Cervantes "Hea-
-vens bless the man that first invented sleep".
~~bless~~ say more devoutly, Blessed be
the Creator of our bodies and souls for the
Gift of this "tired and sick natures sweet
restorer!" this balmy anodyne of care &
grief, this preventive of intellectual and
moral Derangement, and this daily recur-
-ciation of our Minds from temporary &
apparent death.
Frown the benefits of the Diurnal
repose of our bodies and minds ~~and~~

~~Lords~~ in Sleep, we are led to suppose
that the ~~Lord~~ weekly rest injoined
upon them in the Decalogue ~~Man~~ was intended for
^ ^
Generally ~~His~~ wise and beneficial pur-
poses. ~~It~~ ~~disposes~~ precepts ~~for a while~~ the
business, — it restores the vigor of the
body and mind, and thus increases the
results of their exertions. In favor of
this institution it has been remarked,
that labor and study have been most
productive in those Countries in which
it has been most faithfully observed.

It would seem as if we were made upon this to
partake of the nature of a daily & weekly
to some ~~like~~ an ~~hour~~ day Clock, and
that our bodies & minds required winding
not only every day, but every week, for experi-
^ ^
=ence has proved, that if Study & labor

be protracted beyond those times the
System languishes for repose. It was
in consequence of the Violence the Decades
did to the weekly revolution of the System
that the Sabbath day was
restored in France. as most people remains

Known the connection
of a suspension of Labor and Study with
the Vigor and perfection of our bodily
bodily and mental organs, which has
been mentioned, we are naturally
led to inquire whether similar
but far more beneficial effects may not be intended by
which awaits the body in the grave? —
may it not be designed to restore the
sensibility and irritability of the System
which have been exhausted by time?
— may it not serve to cure the But
I forbear to enter upon this Subject.

It would lead us from the objects of our present Course of Lectures.

It remains now that I take notice of the Use of Dreams. They serve an important purpose in the Support of Animal life during the Absence of the Stimuli which act upon the body in the Waking State, and happily, in these Systems in which great weakness renders their Stimuli most necessary. They serve 2 to diminish according to Dr Darwin, to dispipate an undue proportion of excitability which is sometimes accumulated During Sleep, and thereby to prevent Delirium: or Convulsions from the first impression

of the Stimuli of the ~~morning~~ light upon
the senses, & by they serve to indicate
the approach, existence & nature
of many Diseases.

I know other Uses are ascribed to
them. ~~by Physicians~~ & certain Set
~~Among those formerly~~ of Physicians
have supposed they are dictated
by a principle they call Anima Medica,
which watches over the health of the
body in sleep, as well as in sickness &
health. Thus we are told by Pliny that
Cornelius Rufus dreamed that he was
blind, and awoke with the
probably a Sensation in his eyes which
produced his Dream. Galen relates the
case of a man who dreamed that
one of his legs was converted into a

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stone. He had another with a palsy of
that leg. He had probably felt a pain
accompanied with a coldness of that
limb which produced his Dream.
Dreams of Drowning it is said have
attended a Dropsy of the brain, but this
have arisen probably from a Sensation in the
head excited by a prostration in the
knowledge of its sometimes being induced
by Water - and from this the transition
to Drowning is perfectly natural. These
explanations of the causes of those Dreams
will be readily admitted by recollecting
what was said formerly
that their Nature is much in shrouded
by the Nature of the impressions that
are made upon the body During Sleep.
~~Instead of indicating what is to come, they~~
~~should be considered as indicating what is~~,

~~What is the present state of the System.~~

But error upon the Subject of Dreams is not confined to Physicians. ~~Many~~ Superstition in all ages has ascribed ~~to~~ them to divine influence, and has supposed they are often intended to admonish us of future events. After the explanation I have given of their cause, little need be said to prove they have no more connection with supernatural influence than ~~the~~ ~~circulation of the blood or~~ any other disease of the body or mind. ~~and~~ Where Dreams and events have appeared to be related, it should be ascribed to the same kind of accidental coincidence that takes place between events and our waking thoughts, for they depend exactly upon the same cause. We think nothing

extraordinary ~~the~~ whether good or evil
that occurs in the Course of our lives
which we have ~~the~~ anticipated, or thought
of in our waking state; - why then should
we consider the events that are thus
related to our dreams as the effects of
an interposing Supernatural power
- In those few cases in which there
are said to be premonitions of death,
I believe they are generally excited by ~~some~~
~~latent disease~~ an impression ~~from~~ from
a pain or Disease too feeble to produce
waking; but strong ~~enough~~ to produce by
~~Association~~ the natural Association of the ideas of
disease and death, a belief in of the latter
being at hand. ~~The Death~~ The mortality of this disease
by the terror of the dream. I shall only

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add, that we hear of ~~cases~~ only those cases
in which death is ~~supposed~~ said to follow a
supposed
premonition of it in a dream, but many
hundred cases ~~are~~ where death & the
dreams are not connected, ~~supposition~~ papering=
=ticed, or perish from the memory. —

Here Gentlemen we take leave
for a while of the faculties & operations of
the mind in the waking and sleeping states.
Permit me again to recommend ~~the study of~~ them
to your future Attention. I will not say
that every disease is a compound of body &
mind, but I will say there is scarcely a dis=
=case in which you will not derive great
Advantages from a knowledge of the history
of the mind, and that those physicians will
always be most successful in curing diseases
who call in the Aremne of the mind as
one of the Channels thro which they are
conveyed into the body, or conveyed out of it